

# HACK YOUR BRAIN THE YOGIC WAY

15 Secret Ancient Indian Techniques to Enhance  
Cognitive Fitness, Promote Neurogrowth, Improve Your  
Focus and Unleash Your Brain's Boundless Potential



**ADVAIT**

# **Hack Your Brain**

*~The Yogic Way~*

**15** Secret Ancient Indian Techniques to  
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Neurogrowth, Improve Your Focus and  
Unleash Your Brain's Boundless  
Potential.

*by*

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# Introduction



The creature you see above is not a jelly fish or a coral, it is called a Sea Squirt.

Science broadly classifies it under the phylum 'Chordata', i.e, creatures with a spinal chord. (We humans, technically called as homo sapiens are also classified under the same viz, phylum Chordata.)

A Sea Squirt hatchling, fresh out of its egg has a spinal chord, a brain and eyes. it swims around the sea bed until it finds a suitable place with abundance of food particles, and then it attaches itself to a rock. Once attached, it remains in the same place for the rest of its life.

Essentially, in no need of movement now that it has attached itself to a rock, can you guess, what is the first thing it does???

**The Sea Squirt eats its own brain.**

That's nature for you, the organ that is no longer required, shrinks to oblivion, the vestigial appendix in humans is an excellent example

## **Modern lifestyle:**

Now let's look at our modern day life;

We get up in a hurry, get ready for work and travel to work by our car or by public transport.

Once in the office we spend more than 8 hours, sitting in front of our computers, clicking away merrily.

Then we commute back to home.

Eat. Sleep and Repeat...

Owing to this type of sedentary modern lifestyle, we are falling prey to ailments like obesity, diabetes and *most alarmingly to brain shrinkage*.

Physical inactivity coupled with unhealthy food habits and toxic levels of work related stress, is literally eroding at our brain cells.

Add to that the natural phenomenon of brain shrinkage owing to old age, and we are looking at *extreme loss of cognitive ability and an exponentially increased risk of early onset dementia*.

Many recent studies have shown that in older adults there is up to 2% *loss in brain's hippocampal volume every year!!!!*

Hippocampus is the area of your brain essential for cognitive functions and mental health.

*But, there is some really good news!!!*

The older scientific belief that you cannot regenerate your brain cells once they are lost is recently being disproved.

Multiple studies done in the past couple of decades have shown that we can regenerate neurons in our brain.

But, there is a caveat; the key to regenerate your neurons is not in a pill that you can take 3 times a day.

Do you want to know the secret???

Here it is.... **Aerobic Complex Physical Activity.**

## **But How?**

How does it work, actually? you may ask, so here is a little brain science for you.

Don't worry, I won't bore you with too much technical stuff, I will try to keep to short and simple.

Having a efficiently functioning, full sized brain depends upon, *preserving your existing neurons and stimulating your brain stem cells to convert into neurons that build new connections and synapses.*

Your brain is the command center for your entire body, including your brain itself.

The Hippocampus area of the brain, produces a certain type of protein, called as '*brain derived neurotropic factor*' (**BDNF**), this protein essentially is the **fertilizer** for brain growth.

When *brain food* (pure glucose) and *oxygen* are carried through your blood stream to your brain, in the presence of BDNF, your brain achieves neural growth.

BDNF is so effective that in the investigation phase, the researchers simply sprinkled some BDNF onto a set of neurons in a petri dish and to their surprise the cells automatically sprouted branches for building new synapses.

So, with a proper and adequate production of BDNF, you will be able to maintain a very healthy brain.

When researchers studied the stimulus for BDNF production in brains of mice, it was..... **exercise!!!**

And, to their surprise the mice which simply ran on a cage-bound hamster wheel had *lesser* secretion of BDNF than the mice that underwent complex movements like finding food in a maze, walking on ropes to get their food etc. that too in a much open environment.



### **Aerobic Physical Activity:**

That leads us, to the importance of complex physical activity in oxygen rich environment;

But before that, we'll have to familiarize ourselves with a few abbreviations;

**IGF-1** (insulin-like growth factor),

**VEGF** (vascular endothelial growth factor) and

All the above are hormones essential for optimum brain health and are secreted by endocrine glands in our body.

This means, healthy endocrine glands ->> proper hormonal secretion ->> healthy brain.

Let's get to know them better;

#### **IGF-1:**

IGF-1 is basically brain insulin, the way insulin works for the rest of the body, IGF-1 works for the brain.

Our pancreas secrete insulin, which acts as a key to open the door of our body cells for intake of glucose (sugars) that come from the digestion of carbohydrates that we eat.

In similar fashion, IGF-1 is the brain insulin that enables our brain cells to consume its food i.e. glucose, for sustaining itself and growth.

This means, have sufficient supply of IGF-1 to your brain and it never goes hungry, thus keeping you fresh, perked up and fatigue free all the time.

#### **VEGF:**

All the essential nutrients, food and oxygen are provided all over the body through our blood vessels, including to our brain. But, our blood also carries toxins, sometimes parasites and bacteria too.

Due to this possibility of an infection, the brain is not directly connected with a major blood vessel; rather the blood vessel reaches the brain and then splits into numerous small capillaries that are so small that the toxins and bacteria cannot pass through them and they act as a natural physical filtration system that provides clean blood to our brain.

The formation of these micro capillaries is controlled by VEGF.

So when there is abundance of BDNF, growth is triggered and the brain requires more food i.e glucose and Oxygen for regenerating the brain cells, that it gets by creating new blood capillaries using the VEGF and thus increasing the blood (glucose + Oxygen) intake.

So moral of the story;

*To achieve neurogrowth and maintain cognitive fitness, one needs to perform such activity that stimulates the secretion of BDNF, maintains the health of endocrine glands, thus having adequate secretion of essential hormones and make sure to undertake deliberate breathing patterns to ensure a high amount of dissolved oxygen in his/her blood stream.*

The Best activity to achieve this, **Yogic exercises**....hands down.

Here is a link to a recent study showing how Yogic exercises are beneficial for brain growth and health.

**Link:** <https://content.iospress.com/articles/brain-plasticity/bpl190084>

Here is a screenshot of their conclusion:

## CONCLUSION

This review of literature reveals promising early evidence that yoga practice can positively impact brain health. Studies suggest that yoga practice may have an effect on the functional connectivity of the DMN, the activity of the dorsolateral prefrontal cortex while engaged in cognitive tasks, and the structure of the hippocampus and prefrontal cortex- all regions known to show significant age-related changes [65, 66]. Therefore, behavioral interventions like yoga may hold promise to mitigate age-related and neurodegenerative declines. Systematic randomized trials of yoga and its comparison to other exercise-based interventions, as well as long term longitudinal studies on yoga practitioners are needed to identify the extent and scope of neurobiological changes. We hope this review can offer the preliminary groundwork for researchers to identify key brain networks and regions of interest as we move toward advancing the neuroscience of yoga.

## **How to use the techniques you will learn in this book?**

I will teach you 15 Yogic techniques in this book, they comprise of Mudras (simple hand gestures), Pranayama (Regulated breathing methods) and Yoga Asana (yoga postures).

I will also say this; you cannot expect to perform these exercises one time and then expect to have a supercharged brain forever.

These techniques are essentially micro-exercises, which will work wonders for you when you include them in your daily routine and cultivate them as 'habits'.

Based on the experiences of my clients and students, techniques #2, #9, #14 and #15 are the four most effective techniques.

Hence, practice those 4 techniques daily, and then pick and choose any 2-3 other techniques to go with them, so that you go through all the techniques at least once a week.

(Practice the techniques twice per day, once in the morning and then in the evening.)

Maintain your practice for 4 weeks and then you will find out by experience that a few techniques work really well for you more than the others. Then inculcate those techniques as 'habits' by practicing them every time you feel brain fatigue or need to clear your mind and improve your focus.

Mudras

(मुद्रा)

## What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of 'the five elements' called as *The Panch-Maha-Bhuta's*. The five elements being **Earth, Water, Fire, Wind** and **Space/Vacuum**. They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through own veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:

Thumb – Fire element.

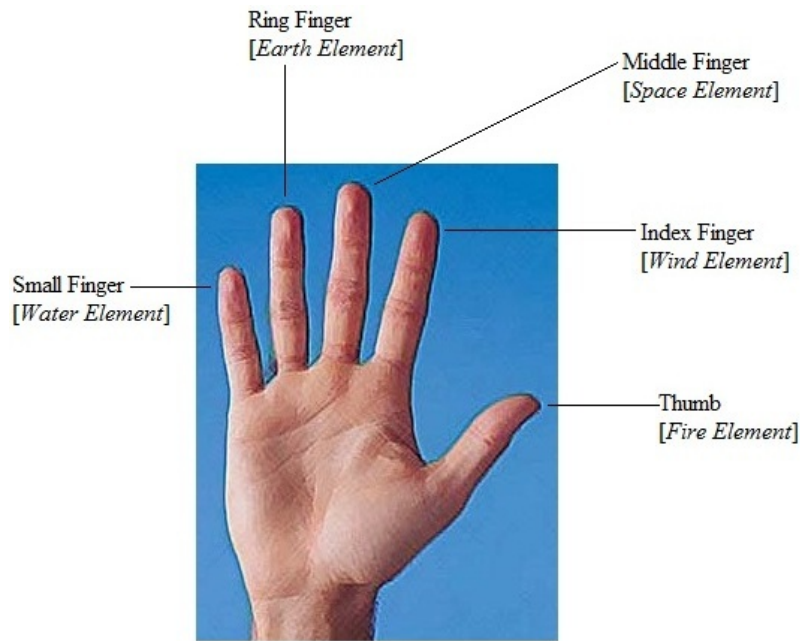
Index finger – Wind element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a '*Mudra*'.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.

## **Important**

For the better understanding of the reader, detail images have been provided for every mudra along with the method to perform it.

The Mudras whose images show only one hand performing the Mudra, are to be performed simultaneously on both your hands for the Mudras to have the maximum effect.

Also, if you want to learn more about Mudras, you can grab my book, **“Mudras for Self-Healing”** [Here.](#)



## **Technique #1**

### ***Mahaashirshamudra / Mudra of the Great Head***



#### **Method:**

This Mudra can be performed in a seated position;

But to have the maximum effect, first do a brisk walk in your room for a minute or two, if you have stairs, go up and down a few times or do squats for a minute. Then lie down flat (without a pillow under your head), concentrate on your breathing for a moment and then perform the mudra.

If you don't want the hassle and the added benefit of the mudra, just be seated comfortably in an upright posture and concentrate on your breathing

to relax.

Touch the center of the palm with the tip of the Ring finger.

Join the tips of the Index finger, Middle finger and Thumb together.

Keep the Little finger extended outwards.

(Refer the image)

Perform this Mudra on each hand and place the hands in your lap if you are sitting or just place them at your sides if you are lying down.

### **Duration:**

This Mudra should be performed for at least 7 minutes and can be performed for 20 minutes at a stretch.

### **Other Benefits:**

- This Mudra is extremely effective in relieving headaches.
- Many practitioners also say that this Mudra helps them get mental clarity.
- It also helps in decongesting your sinuses.

## **Technique #2**

### ***Purna-Dnyaanmudra / Mudra of Complete Wisdom***



#### **Method:**

This Mudra has to be performed in a seated position.

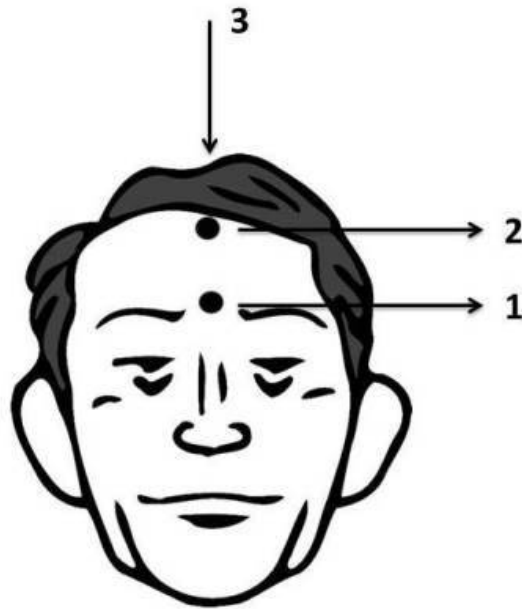
Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of your Index finger and Thumb together and press slightly.

Keep all the other fingers extended outwards as shown in the image.

After forming the Mudras on both the hands, rest the mudra on your left hand on your left thigh while raising the mudra on your right hand in front of your chest with the palm facing down.

Now close your eyes.



And behind closed eyelids look at point 1 (midpoint between your eyebrows), keep your concentration there and then take in a slow deep breath, hold the air in for a few seconds and exhale out slowly.

Then, concentrate at point 2 (exactly above point 1 where your hairline starts), take in a slow deep breath, hold the air in for a few seconds and exhale out slowly.

Then, concentrate at point 3 (midpoint of the top of your skull), take in a slow deep breath, hold the air in for a few seconds and exhale out slowly.

This completes one cycle of this Mudra.

**Duration:**

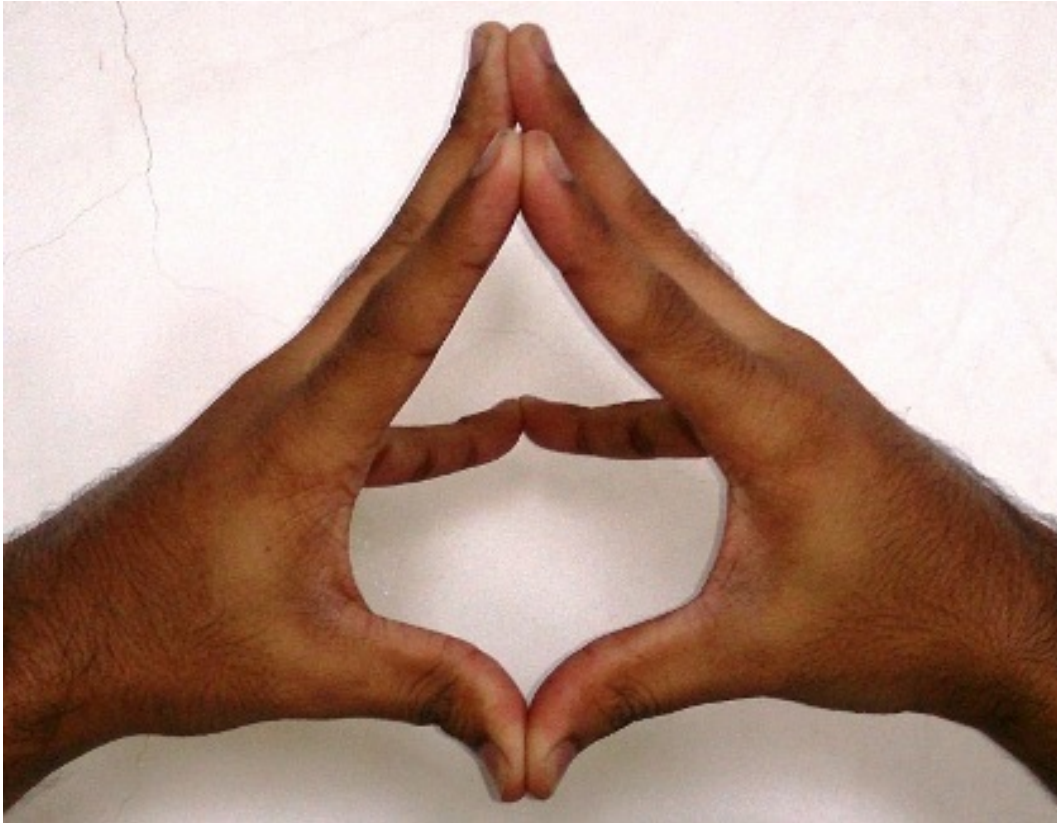
This Mudra should be performed for 7 cycles at least and then you can increase up to 20-25 cycles with regular practice.

**Other Benefits:**

- This Mudra also helps in strengthening your respiratory system.
- It is extremely useful in increasing ones '*Prana*' energy and focusing it inwards.

## **Technique #3**

### ***Panchmukhmudra / Mudra of Five Faces***



#### **Method:**

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Hold your palms in front of your chest facing each other.

Now extend all the fingers on both the hands outwards.

Then, touch tips of all fingers of one hand to the tips of the respective fingers of the other hand. (refer the image)

Press the tips slightly.

Once the Mudra is formed lower the Mudra hold it in front of your abdomen.

**Duration:**

This Mudra should be performed for at least 7 minutes and can be performed for 20 minutes at a stretch.

**Other Benefits:**

- This Mudra strengthens your bodies self-healing mechanism.
- It is also very helpful in maintaining the health of your tendons and ligaments.
- It helps in improving your memory and it helps you to maintains a balance between the right hemisphere and the left hemisphere of your brain.

**Technique #4**  
***Dwitiiya Uttarbodhimudra / Mudra of Supreme Awakening II***



**Method:**

This Mudra is to be performed in a sitting position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Clasp your hands together, and interlace the fingers of both the hands together.



Now join the tips of the Index finger as shown in the image and extend the Index fingers as upwards as possible,

Then cross-over the left Thumb on the right Thumb.

(Refer the image)

**Duration:**

This Mudra should be performed for at least 7 minutes and can be performed for 20 minutes at a stretch.

**Other Benefits:**

- This Mudra is extremely helpful in strengthening your willpower.
- It is also very helpful in soothing your nervous system

**\*Note:**

This Mudra was used by ancient Indian Maharshi's / Yogi's for attracting inspiration and insight.

This Mudra strengthens the willpower and increases your focus towards achieving your aim.

## **Technique #5**

### ***Shanmukhimudra / Mudra of Six openings***



#### **Method:**

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Now take a deep breath and hold the air in, do not exhale.

Then close your ears with your thumbs, both your eyes with your index fingers, both of your nostrils with your middle fingers. (Only slightly press the eyelids, do not exert too much pressure.)

Also, close your mouth and keep it closed by putting your ring fingers on your upper lips and the little fingers on your lower lips.

Maintain this position until you can hold in your breathe comfortably, then lift up all the fingers and slowly exhale.

(while in the position of holding your breath, look inwards and concentrate at the base of your throat.)

Then inhale and follow the procedure again and so forth.

**Duration:**

Do 21 repetitions of this process. (One inhale and one exhale combine to make 1 repetition or 1 cycle.)

**Other Benefits:**

- This Mudra is very helpful in increasing your concentration.
- This Mudra is very effective in redirecting your focus inwards.

**\*\*Caution:**

**Do not perform this mudra during pregnancy.**

# Pranayama (प्राणायाम)

# What is Pranayama?

Pranayama is considered of paramount importance in Yoga.

The word Pranayama is made of two basic Sanskrit words-

Pran( प्राण ) = Life or Universal Life Energy.

Ayam( आयाम ) = to Extend and Elongate.

Thus Pranayama means 'an exercise which is to be performed if you want to extend your life'.

Pranayama is the fuel of life...

Here is an interesting analogy-

You are familiar with the existence of the seven (7) chakras along the spine, which are considered as the energy points sustaining life and health.

If these Chakras are the rotating wind mills which produce energy to sustain life, then prana is the essential wind energy which makes the hands of a wind mill rotate, to produce that energy.

When we breathe in we take in the essential oxygen along with the all-pervading Prana. [And when we breath out we push out the expended energy and toxins out of our body.]

Ayurveda calls our digestion as 'Jathar Agni' literally meaning 'digestive fire', it compares our digestive process with a 'Yadnya' - A holy Pyre, where things are offered to the gods.

And the 'Prana' we take in, is the fuel for this holy Yadnya.

When we practice Pranayama, we regulate and streamline the process of drawing in the universal life force and thus enhancing our health and

longevity.

This is the metaphysical Prana aspect of it.

Now let us look at the physical significance, but for that I first need to tell you about our bodies' digestive and excretory mechanism.

We consume food, which is broken down into small pieces by our teeth and is added primary digestive enzymes from the saliva in our mouth.

It then passes into our stomach, where it is churned and more gastric juices are added to it to induce breakdown of the food consumed.

This mixture then passes through our intestines, whose walls absorb the nutrients from the food and deposit them into the blood stream to be taken all around the body.

The blood when passing through the lungs also absorbs oxygen that we have inhaled.

So the blood carries the nutrients and the oxygen essential for the cells in our body to break down the nutrients into packets of energy.

Thus the cells of our body get nutrients and oxygen from blood, break down the nutrients into energy and Life is Sustained!!!

But like any other mechanism in this universe, every step produces a byproduct in form of waste.

The food post-digestion is excreted from the intestines in form of stool.

Impurities in our blood are separated in our kidneys and excreted in form of urine.

The impurities/toxins created at the cellular level are in two forms, liquid and volatile.

The liquid toxins are put out by our skin in form of sweat. (You will be surprised to know that our skin is the largest excretory organ in our body)

The volatile toxins (which are most harmful) are thrown out in form of toxic gases using our lungs, when we BREATHE OUT!!!

Pranayama plays a pivotal role here in ridding our bodies of these harmful toxins.

It supplies our lungs and hence our blood with abundant supply of fresh oxygen.

It boosts our immune system.

It is amazingly effective in calming down your mind.

It helps in improving our memory, virility and strengthens our neurological system.

There are many other Pranayama techniques which can be used for multiple other purposes, if you want to learn more about those Pranayama techniques, you can grab my bestselling book;

**“Pranayama: The Vedic Science of Breath” [Here](#).**

## Sitting in a ‘Sukhasan’

All types of pranayama's and meditations are to be performed while sitting in the ‘*Sukhasan*’ position, until specified otherwise.



### **Sukhasan (the Simple Sitting Pose)**

- Sit on the mat with your legs stretched in front.
- Fold the right leg and tug in below the left thigh.
- Then, fold the left leg and tug it between the right thigh and calf.
- Sit straight with an erect spine.

(It is how we generally sit on the floor and fold our legs.)



## **Technique #6**

### ***Bhramari Pranayama/Pranayama of the Hornet***



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for as long as you comfortably can.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.)

#### **Duration:**

No specific duration. Repeat it for at least 8-10 times.

**Other Benefits:**

-This Pranayama is extremely essential for maintaining the health of your throat and thyroid.

-It cures any hoarseness of voice caused by any illness.

-Regular practice of this Pranayama increases your concentration and also calms your mind.

-You'll feel a soothing peace and calmness when you perform this Pranayama regularly.

## **Technique #7**

### ***Anulobh-Vilobh Pranayam/ Pranayama of complete Detox***

#### **Method:**

Sit in Sukhasan and form the dnyanamudra with your left hand and place it on your left knee with your palms facing upwards.

Close your eyes.

Close your right nostril with the thumb of your right hand and inhale through your left nostril till your lungs are full.

Then close your left nostril with the ring and middle finger of your right hand and exhale through your right nostril.

Inhale back through your right nostril then close your right nostril with the thumb and exhale through your left nostril,

Then inhale back through your left nostril and exhale through your right nostril.

Pay attention to it that, you inhale through the same nostril that you have used to exhale.

And see to it that there is no hurry while doing this Pranayama. Be comfortable, calm and perform it slowly.

#### **Duration:**

At first perform it for 3-4 minutes and then with practice, gradually increase the time to 12-15 minutes.

#### **Other benefits:**

- It is the most effective detox exercise.
- It throws out all the toxins out of the body through your breath.
- It is an excellent cure for hypertension.
- It is very helpful in curing ear disorders.
- When performed regularly, it prevents the occurrence of cancer.
- It is found to be helpful in curing Leukoderma.
- It is very helpful in curing bronchitis.

## **Technique #8**

### ***Udgith Pranayam/Pranayam of resounding Aum***

#### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a few seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with a resound of cosmic vibrations.

#### **Duration:**

Repeat it for 8-10 times.

#### **Other benefits:**

-This Pranayama is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## **Technique #9**

### ***Antar-Kumbhak Pranayam/Pranayam of the internal Retention***

#### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale slowly but steadily for a count of 5.

Retain the breath in your lungs for a count of 10.

And then, exhale out slowly for a count of 10

This completes one cycle of this Pranayama.

#### **Duration:**

Repeat it for 10-12 times.

#### **Other benefits:**

-This Pranayama is very effective in cleansing your respiratory system by throwing out the residual air in your lungs along with the toxins.

- This Pranayama increases the oxygen retention and the amount of oxygen in your blood stream.

-It maintains a proper blood circulation and is also known as an effective stress buster.

# Yoga Asana (योगासन)

## The True Meaning of Yoga

There is a common and popular belief that ‘Yoga’ is an Indian ritual which is all about performing difficult physical exercises for maintaining health and curing diseases.

This is a MYTH!!

Actually, sound health is a side-effect of Yoga.

Surprising!!! But true.

The word ‘Yoga’ literally means *to unite ourselves with our higher self* - an entirely meta-physical objective which can be achieved through a Discipline of Physical exercises (Asana’s) coupled with Meditation exercises (*Dhyana*) and Breathing exercises (Pranayam). When we perform those exercises we get in shape and achieve good health.

*Yoga* is not something which is only to be performed or practiced; it is also to be achieved.

*Yoga* is the destination and the path to it is through a disciplined practice of physical exercises, meditation and breathing exercises.

*Maharshi Patanjali*, in his revolutionary work ‘*Paatanjal YogaSutra*’ prescribes an eight-fold path to achieve Yoga, known as *Ashtang Yoga*.

[‘*Paatanjal YogaSutra*’ is considered to be the most comprehensive book on Yoga and it forms the basis and reference of all the Yoga methodologies practiced throughout the world today.]

The Ashtang Yoga [eight-fold path to yoga], given by Maharshi Patanjali is as follows:

### **Yama**



*The moral virtues that one should possess as they are considered to be essential for one's initiation on the path to yoga.*

## **Niyama**

*It involves being knowledgeable and aware about your surroundings and then studying your-self to form an essential discipline which you would adhere to.*

## **Asana**

*'Understanding and Performing' the required physical exercises, this is the core of your yoga practice.*

## **Pranayama**

*It is all about breath control, which enhances the life energy which governs the existence of a being and balances the mental energy.*

## **Pratyahar**

*Sensory inhibitions which internalize the consciousness and prepare your mind to take action.*

## **Dharana**

*It involves inculcating an extended mental focus to concentrate on only those things that are essential.*

## **Dhyana**

*It involves meditation, paying attention to your breathing and thus focusing only on yourself.*

## **Samadhi**

*Becoming one with the object of your contemplation and experiencing spiritual liberation.*

Yama and Niyama are essential for inculcating the needed discipline and to establish a strict routine.

Asana is the crucial physical part, which subjects your body to essential physical movements through different exercises.

Pranayam and Pratyahar are needed to guide us through the various breathing exercises and for making us aware of the internal spiritual changes as we ascend along the path to Yoga.

Dharana and Dhyana stages prepare us mentally and spiritually to concentrate inwards by using various meditation exercises.

Samadhi is the culmination stage where one achieves Yoga.

## Technique #10

### *Dhruv Asan/Asana of Dhruv Rishi*



#### **Method:**

Stand straight on the mat with your feet together.

Lift your right leg up and pull it up with your hands and place the heel of your right feet on the inner side of your left thigh.

Now, join your hands together palm-to-palm to form the *Namaste* gesture.

Remain in this position for a few seconds and then return to the normal standing position.

Repeat the Asana with the other leg.

(Initially you may not be able to balance yourself, so instead of doing the Namaste gesture, you can use your hands to get support from a steady object.)

**Duration:**

This Asana takes 12-15 seconds to perform and you can repeat it 4-5 times.

**Other Benefits:**

- It strengthens your ankles and knees.
- It helps in increasing your balance.
- Its regular practice increases your focus and concentration.
- Its regular practice also strengthens your respiratory system.

## Technique #11

### *Paschim-Uttan-Asan/Asana of Westward bend*



#### **Method:**

Sit comfortably on the mat with your legs stretched out front, facing west.

Slowly inhaling raise both your hands up.

Hold your breath in and then bend forward so that your index fingers are touching the respective thumbs on your toes. (Refer Image)

Hold this position for as long as you comfortably can.

Then, slowly exhaling return back to the initial sitting position.

(With regular practice, your body will become flexible enough that you will be able to touch your forehead to your knees.)

#### **Duration:**

This Asana takes 8-10 seconds to perform and you can repeat it 7-8 times.

**Other benefits:**

- It strengthens your back.
- It helps in regulating blood flow and in burning belly fat.
- Its regular practice tones pelvic organs and enhances sexual ability.
- Its regular practice is very helpful in maintain a calm composure.

## Technique #12

### *Kandharasan/Asana of Shoulders*



#### **Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Fold your legs in such a way that your heels are touching your bum.

Touch your heels with your fingers.

Then, slowly inhaling raise up your lower back, waist, buttocks and thighs above the ground, as much as you can.

Your weight should be on your shoulder and lower neck.

Maintain this position for a few seconds, then slowly exhaling; come back to the original position.

**Duration:**

This Asana takes 10-12 seconds to perform and you can repeat it 5-7 times.

**Other benefits:**

- It helps in strengthening your spine and maintains the health of your vertebrae's and prevents any disc slippage.
- This Asana enhances the strength of your shoulders.
- It enhances the blood flow towards the brain.
- In women, this asana is extremely effective in maintaining the health of the uterus.
- It is very helpful in strengthening your neck muscles.

**\*\*Pro Tip:**

This asana is very helpful to women who are prone to miscarriage. It strengthens their reproductive system.

But, this asana is to be performed before pregnancy only and avoided during pregnancy.

**\*\*\*Warning:**

Pregnant women should NOT perform this asana.



## Technique #13

### *Sarvangasan/ Asana of the Shoulder Stand*



#### **Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Step 1:

Take a deep breath and then lift both your legs up.

Your hips should not touch the ground, while your waist is still on the ground.

Step 2:

Now, lift your waist off the ground using your hands and by exerting pressure on the ground through your elbows. (Refer Image)

Your entire weight should be on your shoulders.

Remain in this position for as long as you comfortably can and then slowly exhaling return to the initial position.

**Duration:**

This Asana will take 12-15 seconds to perform, repeat it at least 3-4 times.

**Other benefits:**

- This Asana strengthens your circulatory system and respiratory system.
- It is helpful in curing disorders of ear, nose and throat.
- It is very effective Asana for curing hair loss.
- It is also very helpful in strengthening your kidneys and shoulder blades.

## **Technique #14**

### ***Crossed hand Squats***

#### **Method:**

Stand up with your back straight.

Keep your feet shoulder width apart.

With the index finger and thumb of your left hand hold your right earlobe.

With the index finger and thumb of your right hand hold your left earlobe.

Your right arm should be over your left arm.

(By holding the earlobes in this way we are massaging the *marma points* i.e., Ayurvedic acupressure points that are known to stimulate the gray matter in ones' brain).

Now inhale slowly and as deep as you comfortably can.

Then with a slow motion squat down, see to it that your upper back is straight and you are not bending forward.

Remain in this position for 4-5 seconds.

Then slowly exhaling return back to the standing position.

This completes one cycle of this asana.

#### **Duration:**

This Asana will take 20-25 seconds to perform, repeat it at least 12-15 times.

#### **Other benefits:**

- This Asana is extremely effective in synchronizing both the hemispheres of your brain.
- It is also very helpful in relieving stress and depression.
- This asana also increases the practitioner's mental energy and retention capacity.

## Technique #15

### *Alternating head twist*

#### **Method:**

Sit in Sukhasana.

Perform Dnyanmudra on your hands (Dnyanmudra is formed when you touch the tip of your index finger to the tip of your thumb) and place them on your knees with palms facing upwards. (Refer Image)



Close your eyes but behind closed eyelids, keep looking at the inside of the top of your Skull.

Now inhale in three installments i.e. instead of taking one deep breath, take in 3 short breaths.

Hold the breath in and turn your head towards right as much as you comfortably can.



Remain in this position for a few seconds.

Return your head to the initial position while simultaneously exhaling.

Again inhale in three short installments.

Hold the breath in and turn your head towards left as much as you comfortably can.



Remain in this position for a few seconds.

Return your head to the initial position while simultaneously exhaling.

**Duration:**

Keep practicing these alternate movements for 4-5 minutes.

**\*\*Note:**

More than a Yoga posture, this set of movements is classified as a meditation technique.

But, this is a very effective technique. Many of you will feel like the top of your skull has become permeable and that energy is flowing into your body through the top of your skull, this is normal.

## **What Next?**

As I have already said in the introduction, you cannot expect to perform these exercises one time and then expect to have a supercharged brain forever.

These techniques are essentially micro-exercises, which will work wonders for you when you include them in your daily routine and cultivate them as 'habits'.

Maintain your practice for 4 weeks and then you will find out by experience that a few techniques work really well for you more than the others. Then inculcate those techniques as 'habits'.

Also, the next book in this 'Yogic Brain Mastery' series will be released soon.

Stay tuned.



## **Thank You!**

Thank you so much for reading my book. I hope you really liked it.

As you probably know, many people look at the reviews on Amazon before they decide to purchase a book.

If you liked the book, please take a minute to leave a review with your feedback.

60 seconds is all I'm asking for, and it would mean a lot to me.

Thank You so much.

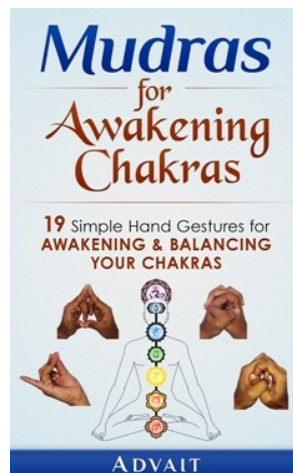
All the best,

**Advait**

## Other Books by Advait

### On Mudra Healing

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening & Balancing Your Chakras

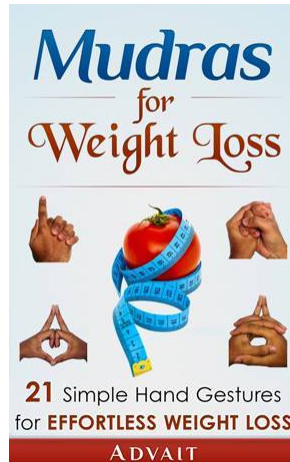


<http://www.amazon.com/dp/B00P82COAY>

[#1 Bestseller in 'Yoga']

[#1 Bestseller in 'Chakras']

## Mudras for Weight Loss: 21 Simple Hand Gestures for Effortless Weight Loss



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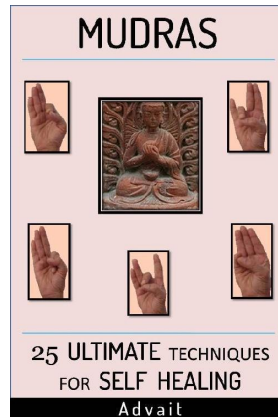
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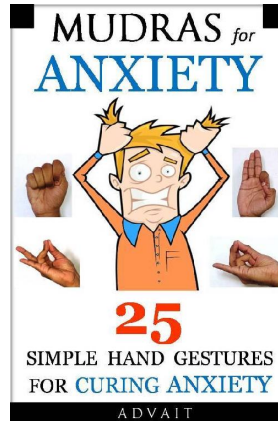
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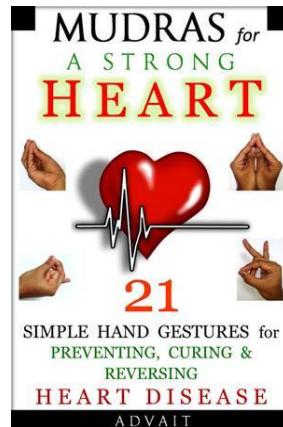
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## Mudras of Anxiety: 25 Simple Hand Gestures for Curing Anxiety



<http://www.amazon.com/dp/B00PF011IU>

## Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease



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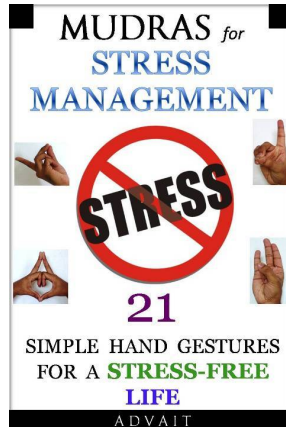


## Mudras for Curing Cancer: 21 Simple Hand Gestures for Preventing & Curing Cancer



<http://www.amazon.com/dp/B00PFO199M>

## Mudras for Stress Management: 21 Simple Hand Gestures for a Stress Free Life



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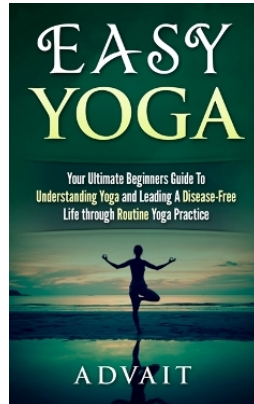
## Mudras for Memory Improvement: 25 Simple Hand Gestures for Ultimate Memory Improvement



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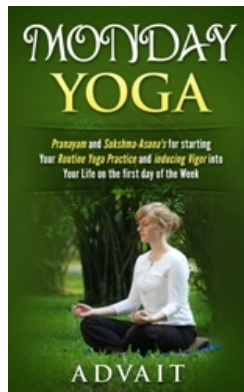
## *On Yoga*

Easy Yoga: Your Ultimate Beginners Guide to Understanding Yoga and  
Leading a Disease-Free Life through Routine Yoga Practice



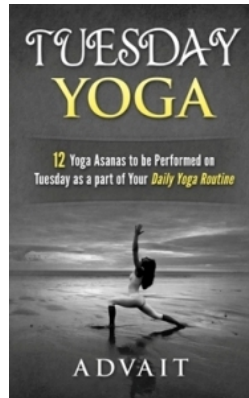
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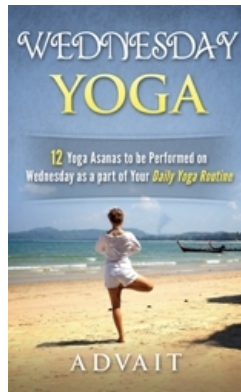
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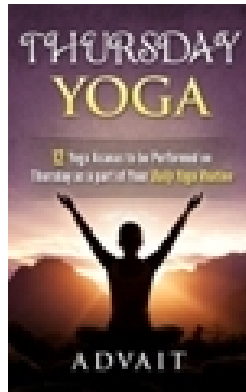
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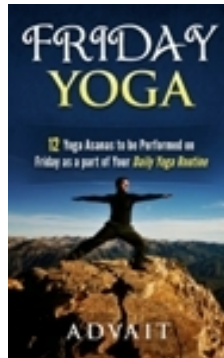
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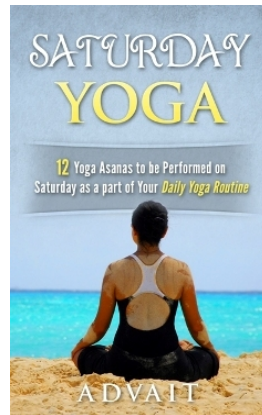


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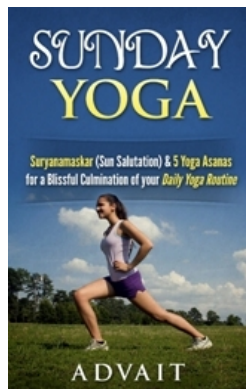
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## Saturday Yoga: 12 Yoga Asanas to be performed on Saturday as a Part of Your Daily Yoga Routine



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<http://www.amazon.com/dp/B016Q8GF8K>

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**Hack Your Brain The Yogic Way: 15 Secret Ancient Indian Techniques to Enhance Cognitive Fitness, Promote Neurogrowth, Improve Your Focus and Unleash Your Brain's Boundless Potential.**

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# BOOK EXCERPT

***The 7 Day Yogic Detox – Body  
(7 Day Detox Series book - 1)***

# **The 7 Day Yogic Detox**

Ultimate Guide to using Mudras,  
Yoga & Ayurvedic Cooking for  
detoxifying your body to heal chronic  
ailments, lose weight and restore  
physical harmony

*by*  
**Advait**

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*“The Ultimate truth is so simple. It is nothing more than being in the pristine state. This is all that need be said.”*

**~ Shri Ramana Maharshi ~**

# Introduction

## *Detox*

One of the most misunderstood *healing and rejuvenation* concept is ‘detox’.

Let me elaborate....why?

Tell me, when you hear the word ‘detox’, what is the first thing that comes to your mind.

I bet, whatever you thought of was something similar to the image on the next page.



When we hear about detox, what comes to our mind are raw food juices, specially formulated green smoothies, Decoctions made from the powdered seed of a secret tropical fruit (or so they claim).

And then, starving yourself into illness by bingeing only on these juices for two straight weeks.

Here is a **fun** video, explaining how harmful this can be for your body and wellbeing.

<https://www.youtube.com/watch?v=BxL8-KTPxAQ>

*(Don't read ahead unless you've seen the video, besides it is fun and just 5 min. long)*

I agree that all these now infamous raw juices and green smoothies do help with detox, but that is just the *tip of the iceberg* and you will get the real picture when you look at it holistically.

The present day approach to detox, as a 'physical cleansing through liquid diet' is a very simple, primitive and a one-dimensional look at a much more intricate healing technique, which could have miraculous health benefits when done properly.

Yogic Detox takes a more complex, multi-dimensional approach to detox, viz,

Body detox (physical detoxification, the scope of this book), Mind detox (specially designed meditation and mindfulness techniques aided with Mudras, the scope of book 2 in this series) and Spirit detox (Cleansing and rejuvenation of the 7 nodal energy points of your body called as Chakras, the scope of book 3 in this series).

## **What is Yogic Body Detox?**

If you are familiar with my previous works, you know that I don't like to beat around the bush and keep on prattling about everything under the sky except the subject of the book, rather, I like to keep my books concise and to the point, chock full of actionable steps. This book will be no different.

Here's a short explanation about how toxins are formed in the body and how Yogic detox works;

External toxins enter our body through the air we breathe and the food we consume. This is natural, but the problem arises when our body fails to break down the external toxins and throw them out of our body, which leads to further complications.

When we breathe in we take in the essential oxygen along with the other constituents (pollutants, toxins, spores etc.) present in the air we breathe.

We consume food, which is broken down into small pieces by our teeth and is added primary digestive enzymes from the saliva in our mouth.

It then passes into our stomach, where it is churned and more gastric juices are added to it to induce breakdown of the food consumed.

This mixture then passes through our intestines, whose walls absorb the nutrients from the food and deposit them into the blood stream to be taken all around the body.

The blood when passing through the lungs also absorbs oxygen that we have inhaled.

So the blood carries the nutrients and the oxygen essential for the cells in our body to break down the nutrients into packets of energy.

Thus the cells of our body get nutrients and oxygen from blood, break down the nutrients into energy and Life is Sustained!!!

But like any other mechanism in this universe, every step produces a byproduct in form of waste.

The food post-digestion is excreted from the intestines in form of stool.

Impurities in our blood are separated in our kidneys and excreted in form of urine.

The impurities/toxins created at the cellular level are in two forms, liquid and volatile.

The liquid toxins are put out by our skin in form of sweat. (You will be surprised to know that our skin is the largest excretory organ in our body)

The volatile toxins (which are most harmful) are thrown out in form of toxic gases using our lungs, when we breathe out.

Now to have a natural detoxification, all you need is;

1) A proper and efficient digestion of the food you consume so there are less toxic byproducts of digestion.

To achieve this one needs to strengthen his/her digestive system and see to it that they have healthy Gut microbes (helpful bacterium that reside in our intestines in large numbers and help us with digestion and absorption of consumed food).

*[If you learn nothing from this book and only take away one thing that, **maintaining a healthy gut flora is good for your health, my work here is done.** You will never fall ill and lead a very healthy and happy life if you only focus on keeping your helpful gut microbes healthy, that's it, and you don't need to buy another book or a pill the rest of your life.]*

2) Maintain the health of your Liver and Kidneys since they are the primary organs in one's body that directly deal with toxins in the blood.

3) Maintain a healthy skin so the toxins generated at the cellular level are efficiently thrown out of the body along with the sweat.

4) Maintain healthy lungs so the volatile toxins are efficiently thrown out of the body along with the carbon di-oxide you exhale.

Detox is that simple and a healthy side-effect is effortless weight-loss.

All the above can be achieved by using simple Yogic detox methodology, which has four pillars rooted in the ancient Indian healing tradition, viz;

Yoga Asana,

Mudras,

Pranayama,

Ayurvedic Cooking.

## Day 1

Start your day with a glass of warm water after waking up.

Brush your teeth and empty your bowels.

Then practice the Yoga asana as instructed and rest for a couple of minutes.

Then practice both the pranayama (breathing techniques) with a gap of a few minutes between the two.

Rest for 5 min. and then practice the Mudra for the recommended amount of time.

Then take your bath.

Consume the 'morning detox elixir', 15 min. before having your breakfast.

Follow the recommended recipes for your breakfast, lunch and dinner.

(Read all the recipes before starting the detox, so that you can have all the ingredients needed to prepare your meal in your pantry. Also, if you are not able to prepare any particular meal you can replace it with the khichdi recipe of that day or feel free to have a salad of your liking for that meal.)

Also, from day 4 onwards, you will have a 'soothing fennel tea' post dinner. Make sure to consume the tea half an hour after your dinner.



## **Yoga Asana**

### ***Vajrasana/Asana of the Thunder-Bolt***



#### **Method:**

Stand straight with the waist, back and neck aligned and your feet around an inch apart.

Get down on your knees and fold your legs below your thighs.

Keep your feet spaced with the base of the feet (palms of the feet) facing upwards. (refer image)

(The nails of your fingers should touch the ground)

Then, place your bums on your heels.

While performing this Asana you can place your palms on your stomach as shown in the image or you can place them on your knees.

#### **Duration:**

This Asana (position) should be held for 25-30 seconds.

Repeat at least 3 times.

**Other Benefits:**

- This Asana enhances strength of your lower body.
- Regular practice of this Asana prevents the occurrence of kidney stones..
- It also strengthens the toes of your feet.

# **Pranayama #1**

## ***Kapaalbhati Pranayam/Pranayam for forehead cleanse***



### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Then, exhale quickly in a single stroke/movement. Your lungs will contract in that moment and your stomach will be sucked in.

Don't inhale purposefully; once you exhale rapidly inhaling will happen as a reflex.

Keep repeating the exhaling action and with every breath that comes out visualize every impurity within, every toxic matter and each negative

thought is being thrown out of your body.

**Caution:**

- People suffering from back pain and waist pain should perform the exhaling motion a bit slowly.
- People suffering with Heart diseases should perform the exhaling motion slowly.
- Pregnant women should NOT practice this Pranayama.

**Duration:**

Practice this Pranayama for 4-5 minutes. (If at start you feel tired after a few minutes, stop for a few seconds and then continue again.)

**Other Benefits:**

You will be amazed with the benefits of this Pranayama:

- It is very helpful in burning excess fat.
- It is very helpful in regulating your blood sugar levels and thus keeps diabetes in check.
- It is found to be very effective in clearing heart blockages in people suffering from arteriosclerosis. (but please perform the exhaling motion slowly)
- It maintains the health of your liver.
- It helps in getting rid of constipation.
- It is even observed that a regular practice of this Pranayama cures Hepatitis.
- It reduces the amount of phlegm in your body and is also very helpful for patients suffering from Asthma.
- It is very helpful for people suffering from pollen and dust allergies.

-It is observed that a regular practice of this Pranayama reduces the size of Tumors and cysts in the body. (There have been many cases where patients have reported that their tumors have completely dissolved due to a regular and disciplined practice of this Pranayama.)

-In women it is found to cure any uterine ailments.

-It is even found to be extremely effective in curing skin diseases.

-It is very effective in curing diseases of the throat.

-It brings a peculiar glow to the aura of the practitioner.

## **Pranayama #2**

### ***Lung Strengthening Breath I***

#### **Method:**

- Stand up without slouching and with your back straight.
- Keep a space of 10-12 inches between your feet.
- See to it that your body weight is equally distributed on both your feet.
- Put out your chest, keep your neck straight and slightly pull down your chin.
- Keep your hands at chest height, with your palms facing you.



- Now, slowly but steadily take in a deep breath.
- As you are breathing in, initiating at the base of your collar bone, start to firmly pat down your chest cavity till you reach your abdomen.



- Fill in your lungs to their full capacity.
- Once your lungs are full, start to lightly massage your chest in vertical motions.

- Continue massaging your chest for as long as you could hold your breath in.
- Then exhale slowly and steadily with your hands by your side.
- This completes one practice of this Pranayama.
- Perform 7-8 repetitions.
- Take a rest of 1 or 2 min. before doing anything else.

**Other Benefits:**

- This Pranayama is very effective in curing any disorders of the lungs and upper chest.
- It maintains proper blood circulation around your chest and is helpful in improving blood flow in the capillaries of the lungs.



# **Mudra**

## ***Suryamudra / Mudra of Sun***



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Ideally, perform this Mudra in a seating position with your spine kept straight and upright.

Concentrate on your breathing to relax and feel comfortable.

Place your hands on your thighs with your palms facing upwards.

Touch the nail of the Ring finger with the tip of your Thumb and press slightly.

Perform this Mudra for 30 minutes, on an empty stomach, first thing in the morning.

**Duration:**

This Mudra should be performed for at least 15 minutes.

**Other Benefits:**

This Mudra is also helpful in burning away the excess fat.

This mudra is also known to enhance digestion and also reduce post meal sluggishness.

This is one of the best detoxification Mudra there is.

# Morning Detox Elixir

**Ingredients:**

Juice of 1 Lemon, freshly squeezed.

1 tbspn Ghee

½ tspn Turmeric powder

**Method:**

Add the lemon juice, ghee and turmeric powder to a glass of warm water.

Stir well and consume on an empty stomach.

(If you wish you can add 1 tspn of Apple cider vinegar with mother as well to this drink)

## **Breakfast (Day 1)**

### ***Spicy Tomato Pancakes***

#### **Ingredients:**

100 gm fresh Tomatoes

¼ tsp red Chili powder

¼ tsp Coriander seed powder

¼ tsp Turmeric powder

¼ tsp Sugar

1 cup Chickpea flower

4-5 tbsp Cooking Oil (Ghee i.e. clarified butter, Olive Oil, Avocado Oil or Coconut Oil)

Salt to taste

#### **Instructions:**

Cook the Tomatoes in boiling water and then peel off their skin.

To these de-skinned tomatoes add turmeric, red chili powder, coriander seed powder and sugar. Then blend this mixture into a paste.

Then to this paste add salt and leave it for 4-5 minutes.

Then add the chickpea flour and mix thoroughly into a thick batter.

Heat the cooking oil in a pan.

Once the oil is hot, make pancakes of the batter we have prepared earlier. (keep them thin, so they are cooked thoroughly)

Flip to cook the other side.

Remove from the pan when they become crispy. Serve hot.

## **Lunch (Day 1)**

### ***Spice infused Mashed Potatoes***

#### **Ingredients:**

2 medium sized Potatoes

¼ tsp green Chili paste

¼ tsp Clove powder

¼ tsp Cinnamon powder

¼ tsp Cumin seed powder

1 cup Curd

1 tsp Honey

Salt to taste

1 tbsp fresh Coriander leaves

#### **Instructions:**

Cook the potatoes in boiling water.

Once they are boiled, remove the skin and mash the potatoes to a thick paste.

Add the chili paste, clove powder, cinnamon powder, cumin seed powder, curd and honey to the mashed potatoes.

Add salt and mix well, garnish with fresh coriander leaves before serving.

## Dinner (Day 1)

### *Dal Khichdi*

#### **Ingredients:**

½ small cup yellow Mung dal

½ small cup rice

1 tbspn fresh Coconut, finely grated

1 tbspn fresh Coriander/Cilantro leaves, finely chopped

Small piece of Ginger, finely grated

½ inch of Cinnamon bark or 1 tspn Cinamon powder

1 bay leaf

3-4 black peppercorns

2 whole Cardamom pods

2 whole Cloves

¼ tspn Turmeric powder

Salt to taste

3 tbspn Ghee (having ghee *is a must*, do not replace it with any other cooking oil)

*[Ghee is the most important ingredient for detoxification purposes, include it for cooking and also as a topping for the khichdi, that too in the exact specified quantity as recommended]*

#### **Method:**

Wash Mung dal and rice separately, multiple times, till water used to wash remains clear.

Drain the rice and set it aside, while letting the Dal soak in water for 30 min.

Heat 1 ½ tspn of ghee in a saucepan.

Once the ghee is hot, add bay leaf, cardamom pods, cloves, peppercorns and cinnamon to the pan. (if using Cinnamon powder, do not add it now, instead add it in the next step)

Stir for a minute on medium heat.

Then add grated coconut, ginger and coriander leaves to the pan. (add cinnamon now, if using powder)

Add turmeric and salt and start lightly stirring.

Stir till coconut starts browning a bit.

Now drain the water and add the mung dal followed by the rice into the pan.

Stir for a minute and mix well.

Add 3 cups of water then cover the pan with a lid and bring it to a boil.

Once it comes to a boil, let it boil for 4 min. more.

Then turn the heat to low and lightly covered let the khichdi cook for 25-30 min. till the dal and rice become soft.

Garnish with coriander leaves.

Serve hot by topping up with **1 tspn of Ghee.**

**---- END of EXCERPT----**

### **Interested in Yogic Body Detox?**

The book is available for just **\$0.99**, only for a limited time...

Get it here:

<https://www.amazon.com/dp/B08298TTH6>



